

Classification of Bones:

Bone formations take a variety of shapes which fall into 4 categories, in addition there are 2 minor groups of bone forms:

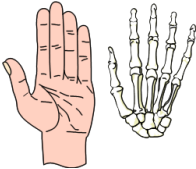
Major Bone Classifications

Long ( ex. humerus, femur, tibia)

- contain marrow cavity
- forms framework of the appendicular skeleton
- long cylindrical shaft & bulbous ends
- weight bearing- tibia and femur
- mobility- humerus, radius and ulna
- structure: body (diaphysis), marrow cavity, articular cartilage, etc.

Short (ex. Carpals and Tarsals)

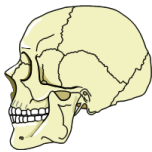
- do not contain marrow cavity
- provide fine motor movements



Sep 4-10:59 AM

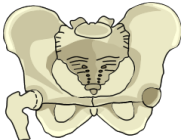
Flat (ex. ribs, scapula, cranial bones)

- no marrow cavity
- protect underlying organs & soft tissues
- provide attachments



Irregular (ex. vertebrae, sacrum & coccyx, pelvic girdle)

- no marrow cavity
- irregular shape
- specific functions- spinal canal, attachment, weight bearing



Sep 4-11:07 AM

Knee Savers Helping Catchers

By Walter Villa | Sun, 07/10/2011 - 15:46



Thanks to relatively new technology, the most physically demanding position on the diamond—catcher—has gotten easier. A product called knee savers, which attaches to your shin guards, is a stress-relieving accessory that reduces the erosion of cartilage on the knee joints and provides support protection and comfort.

University of Pittsburgh catcher Kevan Smith estimates that more than 50 percent of big-league catchers—including Twins superstar Joe Mauer—use knee savers, which sell for roughly \$24. Softball catchers use them, too.

Sep 9-12:51 PM

Minor Bone Forms

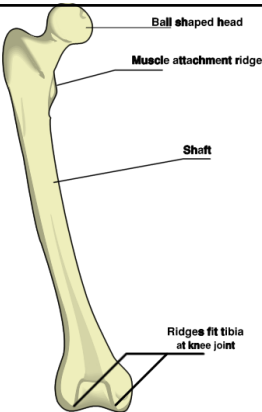
Sesamoid (ex Patella)

- developed in cartilaginous tissue to create stability in a joint

Wormian

- small jigsaw fragments found along skull sutures

Sep 4-11:12 AM



Femur

Sep 8-1:51 PM